



47. Brockenlauf

Ilseburg / 02.09.2017

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SUCKOW, Stefan

□□: Calenberger Canoe Club
 □□: 90

Enduro Long Men

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:36:00

□□: - km/h
 □□□□: 5:57 min/km

□□□□□/□□□: 234 (of 500)

□□□□□/□: 217 (of 423)

□□□□□□: 1:35:36

□□□□□: 51(of 85)

□□□□□□□: 1:44:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	16:33	5:00	12	3:40	76	4:34	3.30	16:33	5:00	12	3:40	76	4:34	
Schlüsie	3.10	20:00	6:27	42	5:34	186	7:15	6.40	36:33	5:42	23	9:14	120	11:49	
Hermannsklippe	2.60	19:25	7:28	63	6:38	285	8:14	9.00	55:58	6:13	39	15:43	175	20:03	
Brocken	3.10	33:11	10:42	70	13:23	325	15:47	12.10	1:29:09	7:22	58	29:06	242	35:50	
Eiserner Handwe	3.60	18:48	5:13	48	6:56	213	7:08	15.70	1:47:57	6:52	56	36:02	236	42:58	
Schlüsie	4.10	17:55	4:22	46	5:59	196	6:54	19.80	2:05:52	6:21	54	42:01	229	49:52	
Loddenke	3.10	14:03	4:31	41	4:06	178	4:47	22.90	2:19:55	6:06	52	46:07	222	54:39	
Ilseburg/Markt	3.30	16:05	4:52	55	5:00	221	5:45	-	2:36:00	-	51	51:07	219	1:00:24	